

Himalayiya Ayurvedic (PG) Medical College & Hospital

Time Table

Batch - BAMS 2025 (Ist Prof.) w.e.f. 01-11-2025 (Revised Date- 18-05-2026)

Days/Time	09:00-10:00 AM	10:00-11:00 AM	11:00-12:00 AM	12:00-1:00 PM	01:00:1:30 PM	01:30:2:30 PM
	LECTURES (LH) & NON-LECTURES (NLHT)					
Subject:-	Sanskrit & Ayurved Ka Itihias	Rachana Sharir	Kriya Sharir	Samhita Adhyayan-1	LUNCH	Padarth Vigyan
Monday	Dr. Naveen Jasola (Associate Professor) LH	Dr. Pankaj Singh (Assistant Professor) LH	Dr. Kavya Kala (Associate Professor) LH	Dr. Shalini (Assistant Professor) LH		Dr. Shalini (Assistant Professor) LH
Tuesday	Dr. Naveen Jasola (Associate Professor) LH	Dr. Pankaj Singh (Assistant Professor) LH	Dr. Kavya Kala (Associate Professor) LH	Dr. Deeksha Tiwari (Assistant Professor) LH		Dr. Shalini (Assistant Professor) LH
Wednesday	Dr. Naveen Jasola (Associate Professor) LH	Dr. Vaishali Rani (Assistant Professor) LH	Dr. Apeksha Panwar (Associate Professor) LH	Dr. Ajit Kumar Verma (Professor) - LH		Dr. Shalini (Assistant Professor) NLHT-SA-1
Thursday	Dr. Naveen Jasola (Associate Professor) NLH	Dr. Vaishali Rani (Assistant Professor) LH	Dr. Kalpana Negi (Assistant Professor) LH	Dr. Ajit Kumar Verma (Professor) - NLHT		Dr. Shalini (Assistant Professor) NLHT
Friday	Dr. Naveen Jasola (Associate Professor) NLH	Dr. Deepika (Assistant Professor) NLHT	Dr. Kalpana Negi (Assistant Professor) LH	Dr. Shalini (Assistant Professor) - NLHT		Dr. Shalini (Assistant Professor) NLHT
Saturday	Dr. Naveen Jasola (Associate Professor) NLH	Dr. Deepika (Assistant Professor) LH	Dr. Kalpana Negi (Assistant Professor) - NLHT	Dr. Deeksha Tiwari (Assistant Professor) - NLHT		Dr. Shalini (Assistant Professor) NLHT

Practical Class (NLHP) (02:30-04:00 PM)

Rachana Sharir	Monday, Tuesday, Wednesday- Dr. GS Indoriya (Professor), Dr. Pankaj Singh (Assistant Professor), Dr. Deepika (Assistant Professor) & Dr. Vaishali Rani (Assistant Professor)
Kriya Sharir	Dr. Apeksha Panwar (Associate Professor)- Thursday , Dr. Kavya Kala (Associate Professor)- Friday , Dr. Kalpana (Assistant Professor) - Saturday

(Prof. (Dr.) Niraj Srivastava)

Principal/Supintendent

Himalayiya Ayurvedic Medical College
Fatehpourtanda, Doiwala, Dehradun




(Dr. Pankaj Singh)

Syllabus Coordinator

Himaliyiya Ayurvedic (PG) Medical College & Hospital

Time Table

Batch - BAMS 2024 (Ist Prof.) w.e.f. 18-11-2024 (Revised 01-04-2026)

Days/Time	09:00-10:00 AM	10:00-11:00 AM	11:00-12:00 AM	12:00-1:00 PM	01:00:1:30 PM	01:30:2:30 PM	
	LECTURES (LH) & NON-LECTURES (NLHT)						
Subject:-	Kriya Sharir	Rachana Sharir	Samhita Adhyayan-1	Sanskrit & Ayurved Ka Itihias	LUNCH		
Monday	Dr. Kalpana Negi Assistant Professor (LH)	Dr. Vaishali Rani Assistant Professor (LH)	Dr. Deeksha Tiwari Assistant professor (LH)	Dr. Naveen Jasola Associate Professor (NLHT)			Padarth Vigyan
Tuesday	Dr. Kalpana Negi Assistant Professor (LH)	Dr. Vaishali Rani Assistant Professor (LH)	Dr. Ajit Kumar Verma Professor (LH)	Dr. Naveen Jasola Associate Professor (NLHT)			Dr. Ajit Kumar Verma Professor (LH)
Wednesday	Dr. Kalpana Negi Assistant Professor (LH)	Dr. Deepika Assistant Professor (LH)	Dr. Deeksha Tiwari Assistant professor (LH)	Dr. Naveen Jasola Associate Professor (NLHT)			Dr. Deeksha Tiwari Assistant Professor (LH)
Thursday	Dr. Apeksha Panwar Associate professor (LH)	Dr. Deepika Assistant professor (LH)	Dr. Deeksha Tiwari Assistant professor (NLHT)	Dr. Naveen Jasola Associate Professor			Dr. Deeksha Tiwari Assistant Professor (NLHT - SA-1)
Friday	Dr. Kavya Kala Associate professor (LH)	Dr. Pankaj Singh Assistant professor (LH)	Dr. Deeksha Tiwari Assistant professor (NLHT)	Dr. Naveen Jasola Associate Professor			Dr. Ajit Kumar Verma Professor (NLHT)
Saturday	Dr. Kavya Kala Associate Professor (NLHT)	Dr. Pankaj Singh Assistant Professor (NLHT)	Dr. Ajit Kumar Verma Professor (NLHT)	Dr. Naveen Jasola Associate Professor (NLH)			Dr. Ajit Kumar Verma Professor (NLHT)
	Practical Class (NLHP) (02:30-04:00 PM)						
Kriya Sharir	Dr. Apeksha Panwar(Associate Prof.)- Monday, Dr. Kavya Kala (Associate Prof.)- Tuesday, Dr. Kalpana (Assistant Prof.)- Wednesday						
Rachana Sharir	Thursday, Friday, Saturday - Dr. G.S. Indoriya (Professor), Dr. Pankaj Singh (Assistant Prof.), Dr. Deepika(Assistant Prof.) & Dr. Vaishali Rani (Assistant Prof.)						
(Prof. (Dr.) <i>Niraj</i> Niraj Srivastava) Principal/Superintendent Himaliyiya Ayurvedic Medical College Gatehaurtanda, Doiwala, Dehradun			 (Dr. Kavya Kala-Associate Prof.) Syllabus Coordinator				

Himalaya Ayurvedic (PG) Medical College & Hospital

Time Table

Batch - BAMS 2023-24 (IIND PROF.) w.e.f. 28-08-2025 (Revised 18-05-2026)

Days/Time	09:00 -09:45 AM	09:45-10:30AM	10:30-11:15	11:15-12:00	12:00:12:45	12:45:1:30	1:30-2:00 PM
LECTURES & NON-LECTURES							
Subject:-	Rasashastra evam Bhaishajya Kalpana	Samhita Adhyayan-2	Rog Nidan evam Vikriti Vigyan	Swasthvritta evam Yoga	Agad Tantra evam vidhi Vaidyaka	Dravyaguna Vigyan	Lunch
Monday	LH Dr. Shivani Rawat (Assistant Professor)	LH Dr. Ajit Verma (Professor)	LH Dr. Anil Dev (Professor)	LH Dr. Bhagyalaxmi (Assistant Professor)	LH Dr. Satendra Pal (Associate Professor)	LH Dr. Pooja Bhandari (Assistant Professor)	
Tuesday	LH Dr. Shivani Rawat (Assistant Professor)	NLH-T Dr. Ajit Verma (Professor)	LH/NLH-T Dr. Anil Dev (Professor)	LH Dr. Nishant Rai Jain (Professor)	NLH-P Dr. Satendra Pal (Associate Professor)	LH Dr. Seema Bhagat (Assistant Professor)	
Wednesday	NLH-T Dr. Shivani Rawat (Assistant Professor)	NLH-T Dr. Shalini (Assistnat Professor)	LH Dr. Swati Bhandari (Assistant Professor)	LH/NLH-T Dr. Bhagyalaxmi (Assistant Professor)	NLH-P Dr. Satendra Pal (Associate Professor)	LH/NLH-T Dr. Nidhi Garg (Professor)	
Thursday	LH Dr. Kamini Kestwal (Associate Professor)	LH Dr. Shalini (Assistnat Professor)	LH Dr. Swati Bhandari (Assistant Professor)	Dr. Bhagyalaxmi (Assistant Professor) LH	LH Dr. Prerna Upadhyay (Assistant Professor)	LH/NLH-T Dr. Pooja Bhandari (Assistant Professor)	
Friday	NLH-T Dr. Kamini Kestwal (Associate Professor)	LH Dr. Deeksha Tiwari (Assistant Professor)	LH Dr. Swati Bhandari (Assistant Professor)	LH Dr. Bhagyalaxmi (Assistant Professor)	NLH-P Dr. Prerna Upadhyay (Assistant Professor)	LH/NLH-T Dr. Seema Bhagat (Assistant Professor)	
Saturday	LH Dr. Kamini Kestwal (Associate Professor)	NLH-T Dr. Deeksha Tiwari (Assistant Professor)	NLH-T Dr. Swati Bhandari (Assistant Professor)	NLH-T Dr. Nishant Rai Jain (Professor)	NLH-T Dr. Prerna Upadhyay (Assistant Professor)	LH/NLH-T Dr. Pallavi Varshney (Professor)	

Note- Agadtantra, Rog nidan, Swasthvritta- clinical class time- 2.00-2.45pm in their respective NLH-P class

Non- Lecture Practical Class: 02:00-04:00

Rasashastra evam Bhaishajya kalpana	Ist Week of Month (Monday to Saturday)	Dr. Kamini Kestwal/Dr. Shivani Rawat
Dravyaguna vigyan(Practical)	IIInd Week of Month (Monday to Saturday)	Dr. Pallavi/Dr. Nidhi/ Dr. Seema/Dr. Pooja
Rog Nidan evam vikriti vigyan	IIIrd Week of Month (Monday to Saturday)	Dr. Anil Dev/Dr. Swati Bhandari
Swasthvritta evam yoga (Practical/Clinical)	IVth Week of Month (Monday, Tuesday, Wednesday, Thursday, Friday)	Dr. Nishant Rai Jain/Dr. Bhagyalaxmi
Agad Tantra evam Vidhi Vaidyak	IVth Week of Month (Saturday)	Dr. Satendra Pal/Dr. Prerna
Rasashastra evam Bhaishajya Kalpana	Vth Week of Month (Monday and Saturday)	Dr. Kamini Kestwal/Dr. Shivani Rawat

(Prof. (Dr.) Niraj Srivastava)
Principal/Suprintendent



(Dr. Kamini Kestwal)
Syllabus Coordinator

Himalayiya Ayurvedic (PG) Medical College & Hospital

Time Table

Batch - BAMS 2022 (IIND PROF.) w.e.f. 14-10-2024 (Revised 01-04-2026)

Days/Time	09:00 -09:45 AM	09:45-10:30AM	10:30-11:15	11:15-12:00	12:00:12:45	12:45:1:30	1:30-2:00 PM
LECTURES & NON-LECTURES							
Subject:-	Samhita Adhyayan-2	Dravyaguna	Agad Tantra	Ras Shastra	Rog Nidan	Swasthvritta & Yoga	
Monday	LH Dr. Deeksha Tiwari (Assistant Prof.)	LH Dr. Seema Bhagat (Assistant Prof.)	LH Prerna (Assistant Prof.)	LH Kamini Kestwal (Associate Prof.)	LH Swati Bhandari (Assistant Prof.)	LH Dr. Nishant Rai Jain (Professor)	
Tuesday	LH Dr. Deeksha Tiwari (Assistant Prof.)	LH Dr. Pooja Bhandari (Assistant Prof.)	NLH - T Dr. Prerna (Assistant Prof.)	LH Dr. Kamini Kestwal (Associate Prof.)	LH Swati Bhandari (Assistant Prof.)	NLH - T Dr. Bhagyalaxmi (Assistant Prof.)	
Wednesday	NLH - T Dr. Deeksha Tiwari (Assistant Prof.)	LH / NLH - T Dr. Pallavi Varshney (Professor)	NLH - P Dr. Prerna (Assistant Prof.)	NLH - T Kamini Kestwal (Associate Prof.)	NLH - T Dr. Swati Bhandari (Assistant Prof.)	LH Bhagyalaxmi (Assistant Prof.)	Lunch
Thursday	LH Dr. Ajit Verma (Professor)	LH / NLH - T Dr. Seema Bhagat (Assistant Prof.)	LH Dr. Satendra Pal (Associate Prof.)	LH Shivani Rawat (Assistant Prof.)	LH Anil Dev (Professor)	NLH - T Dr. Bhagyalaxmi (Assistant Prof.)	
Friday	NLH - T Dr. Ajit Verma (Professor)	LH / NLH - T Dr. Pooja Bhandari (Assistant Prof.)	NLH - P Dr. Satendra Pal (Associate Prof.)	LH Shivani Rawat (Assistant Prof.)	LH Anil Dev (Professor)	LH Dr. Nishant Rai Jain (Professor)	
Saturday	NLH - T Dr. Ajit Verma (Professor)	LH / NLH - T Dr. Nidhi Garg (Professor)	NLH - P Dr. Satendra Pal (Associate Prof.)	NLH - T Shivani Rawat (Assistant Prof.)	NLH - T Dr. Anil Dev (Professor)	LH Dr. Bhagyalaxmi (Assistant Prof.)	

Non-Lecture Practical Class (02:00-04:00 PM)

Rog Nidan (Practical)	Ist Week of Month (Monday to Saturday)	Dr. Swati Bhandari/Dr. Anil Dv
Swasthvritta (Practical)	IIInd Week of Month (Monday, Tuesday, Wednesday, Thursday, Friday)	Dr. Nishant Rai Jain/
Agad Tantra (Practical)	IIInd Week of Month (Saturday)	Dr. Satendra Pal/Dr. Prerna
Ras Shastra (Practical)	IIIrd Week of Month (Monday to Saturday)	Dr. Kamini Kestwal/Dr. Shivani Rawat
Dravyaguna (Practical)	IVth Week of Month (Monday to Saturday)	Dr. Pallavi/Dr. Nidhi/Dr. Pooja Dr. Seema/Dr.
Rog Nidan (Practical)	Vth Week of Month (Monday to Saturday)	Dr. Swati Bhandari/Dr. Anil Dv

Note - Rog Nidan, Swasthvritta & Yoga, and Agad Tantras clinical class - 2:00 pm to 2:45 pm in their respective NLH - P

Niraj
28/09/2024
(Prof. (Dr.) Niraj Srivastava)
Principal/Superintendent

Himalayiya Ayurvedic Medical College
Fatehaurtanda, Doiwala, Dehradun



(Prof. (Dr.) Nidhi Garg)
Syllabus Coordinator

Himalayiya Ayurvedic (PG) Medical College & Hospital

Time Table- Third Term

Batch - BAMS 2021-22 (IIIRD PROF.) w.e.f. 04-05-2026 (Revised Date 18-05-2026)

Day	9:00-11:00 AM	11:00-11:45AM	11:45-12:30 PM	12:30-1:15 PM	1:15-1:45 PM	01:45:2:30 PM	2:30-3:15 PM	3:15-4:00 PM
Monday	Kayachikitsa (NLHP) (Roll No. 01-60) Dr. Ravi Joshi (Prof. & HOD)	Shalya Tantra (LH/NLHT) Dr. Amit Kumar Gautam (Asst. Prof.)	Shalakyia Tantra(LH/NLHT) Dr. Shradha Joshi (Asst. Prof.)	Kayachikitsa (LH/NLHT) Dr. Sakshi Negi (Assoc. Prof.)	LUNCH	Stri Roga Evam Prasuti Tantra (LH/NLHT) Dr. Sonali Jugran (Asst. Prof.)/Dr. Anagha Govardhane (Asst. Prof.)	Panchakarma (LH/NLHT) Dr. Sapna Singh (Asst. Prof.)	Library
Tuesday	Stri Roga Evam Prasuti Tantra (NLHP) (Roll No. 01-60) Dr. Poonam Khot(Prof. & HOD)/ Dr. Sonali Jugran(Asst. Prof.)/ Dr. Anagha Govardhane (Asst. Prof.)	Shalakyia Tantra (LH/NLHT) Dr. Shushmita Sharma (Assoc. Prof.)	Panchakarma (LH/NLHT) Dr. Roopali Barmola (Asst. Prof.)/ Dr. Akshay Verma (Asst. Prof.)	Kayachikitsa (LH/NLHT) Dr. Pooja (Asst. Prof.)	LUNCH	Kaumarbhritiya (LH/NLHT) Dr. Niraj Srivastava (Prof. & HOD)/Dr. Kritika Joshi (Assoc. Prof.)	Shalya Tantra (LH/NLHT) Dr. Varsha Kuriyal (Asst. Prof.)	Library
Wednesday	Shalya Tantra (NLHP) (Roll No. 01-60) Dr. Shishir Prasad (Prof. & HOD)/ Dr. Amit Kumar Gautam(Asst. Prof.)	Shalya Tantra (LH/NLHT) Dr. Shishir Prasad (Prof. & HOD)	Panchakarma (LH/NLHT) Dr. Arvind Gupta (Prof. & HOD)	Kayachikitsa (LH/NLHT) Dr. Ravi Joshi (Prof. & HOD)	LUNCH	Kaumarbhritiya (LH/NLHT) Dr. Ashwarya Gaur (Asst. Prof.)	Stri Roga Evam Prasuti Tantra (LH/NLHT) Dr. Sonali Jugran (Asst. Prof.)	Sports
Thursday	Panchakarma (NLHP) (Roll No. 01-60) Dr. Arvind Gupta (Prof. & HOD)/ Dr. Shrimant Gangaram Chavan(Prof.)/ Dr. Roopali Barmola (Asst. Prof.)/ Dr. Akshay Verma (Asst. Prof.)/ Dr. Sapna Singh (Asst. Prof.)	Shalya Tantra (LH/NLHT) Dr. Amit Kumar Gautam(Asst. Prof.)	Stri Roga Evam Prasuti Tantra (LH/NLHT) Dr. Anagha Govardhane (Asst. Prof.)	Kayachikitsa (LH/NLHT) Dr. Pooja (Asst. Prof.)	LUNCH	Kaumarbhritiya (LH/NLHT) Dr. Ashwarya Gaur (Asst. Prof.)	Samhita Adhyayan-3 (LH/NLHT) Dr. Shalini (Assistnat Professor)	Shalakyia Tantra (LH/NLHT) Dr. Ankita (Assistnat Profesor)
Friday	Shalakyia Tantra (NLHP) (Roll No. 01-60) Dr. Shushmita Sharma (Assoc. Prof.)/ Dr. Shradha Joshi(Asst. Prof.)/ Dr. Ankita (Asst. Prof.)	(LH/NLHT) Samhita Adhyayan-3 Dr. Ajit Kumar Verma (Prof. & HOD)	Shalya Tantra (LH/NLHT) Dr. Varsha Kuriyal (Asst. Prof.)	Kayachikitsa (LH/NLHT) Dr. Ravi Joshi (Prof. & HOD)	LUNCH	Shalakyia Tantra (LH/NLHT) Dr. Shradha Joshi (Asst. Prof.)/ Dr. Ankita (Asst. Prof.)	NLHP-- Shalya Tantra Dr. Shishir Prasad(Prof. & HOD)/Dr. Varsha Kuriyal(Asst. Prof.)	
Saturday	Kaumarbhritiya (NLHP) (Roll No. 01-60) Dr. Niraj Srivastava (Prof. & HOD)/ Dr. Kritika Joshi (Assoc. Prof.)/ Dr. Ashwarya Gaur (Asst. Prof.)	(LH/NLHT) Samhita Adhyayan-3 Dr. Deeksha Tiwari (Asst. Prof.)	Stri Roga Evam Prasuti Tantra (LH/NLHT) Dr. Poonam Khot (Prof. & HOD)	Kayachikitsa (LH/NLHT) Dr. Sakshi Negi (Assoc. Prof.)	LUNCH	Panchakarma (LH/NLHT) Dr. Shrimant Gangaram Chavan(Prof.)	NLHP-- Kayachikitsa Dr. Sakshi Negi(Assoc. Prof.)/ Dr. Pooja (Asst. Prof.)	

Niraj
(Prof. (Dr.) Niraj Srivastava)
Principal/Superintendent

Principal

Himalayiya Ayurvedic Medical College
Catehourtanda, Doiwala, Dehradun



Poonam
(Prof. (Dr.) Poonam Khot)
Syllabus Coordinator